

BEST KNEE OSTEOARTHRITIS TREATMENT IN INDIA

Regenerative Approaches for Knee Pain
Relief and Joint Preservation

Knee Xpert Clinic

**KNEE
XPERT⁺**
Clinic by Sahaj

Best Knee Osteoarthritis Treatment — in India —

Regenerative Approaches for
Knee Pain Relief and
Joint Preservation



Relieve
Pain



Restore
Mobility



Preserve
Your Knee



Regenerative
Healing



**Regenerative
SVF Therapy**

A Modern Approach to
Joint Preservation



Targeted
Treatment



Natural
Healing



Personalized
Care



Better
Quality of Life



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KNEE OSTEOARTHRITIS: A PROGRESSIVE CONDITION

DEFINITION

Knee Osteoarthritis (OA) is a chronic, degenerative joint condition that primarily affects the articular cartilage.

THE PROCESS

Cartilage gradually wears away, reducing the vital cushioning between bones.

- Friction between bones
- Structural changes
- Inflammation

THE IMPACT

If ignored, joint damage worsens over time, leading to:

- Chronic pain
- Joint stiffness
- Reduced mobility

DRIVERS OF RISING KNEE OA CASES

Modern lifestyle changes and environmental factors are contributing to the rapid increase of OA across India.

- Aging and Family History
- Excess Body Weight (Obesity)
- Sedentary Lifestyle
- Previous Knee Injuries
- Weak Supporting Muscles

PREVALENCE FACTORS



RECOGNIZING SYMPTOMS OF KNEE OA

EARLY WARNING SIGNS

- Mild knee pain during activity
- Morning stiffness (resolves quickly)
- Discomfort while climbing stairs
- Occasional joint swelling

ADVANCED SYMPTOMS

- Persistent pain even at rest
- Significantly reduced mobility
- Chronic joint stiffness
- Difficulty walking long distances

EARLY DIAGNOSIS CREATES MORE TREATMENT OPPORTUNITIES

STAGES OF KNEE OSTEOARTHRITIS

01

GRADE 1: MILD

- Minor bone spur growth
- Mild cartilage wear
- Minimal pain or discomfort

02

GRADE 2: EARLY

- Joint space narrowing
- Early degeneration
- Increasing stiffness after rest

03

GRADE 3: MODERATE

- Significant cartilage damage
- Frequent pain and swelling
- Visible joint inflammation

04

GRADE 4: SEVERE

- Major cartilage loss
- Bone-on-bone contact
- Major mobility limitations

Treatment planning depends on disease severity and patient goals.

COMPREHENSIVE DIAGNOSIS & TREATMENT PLANNING

CLINICAL EVALUATION

A thorough physical assessment is the first step in understanding joint health.

- Pain Level Assessment
- Range of Motion Testing

IMAGING & TECHNOLOGY

X-RAY ANALYSIS

- Joint space narrowing
- Bone spur detection

MRI ASSESSMENT

- Soft tissue evaluation

CONVENTIONAL NON-SURGICAL OPTIONS

LIFESTYLE

- Weight Management
- Activity Modification
- Low-impact Exercises

PHYSICAL THERAPY

- Muscle Strengthening
- Joint Flexibility Drills
- Knee Support Braces

MEDICAL CARE

- Pain Management
- Anti-inflammatory Meds
- Topical Treatments

These approaches help many patients manage symptoms and improve function.

REGENERATIVE SVF THERAPY

WHAT IS SVF?

Stromal Vascular Fraction (SVF) is a modern joint preservation approach.

- Derived from patient's own adipose tissue
- Rich in regenerative cells
- Contains natural growth factors

POTENTIAL BENEFITS

- Reduces joint inflammation
- Supports natural healing processes
- Improves joint comfort and function
- Aims to preserve the natural knee joint

SUITABLE FOR

- Early to moderate knee osteoarthritis
- Patients seeking non-surgical options
- Individuals looking to delay major surgery

THE POWER OF EARLY INTERVENTION

PRESERVATION

Protecting the natural joint structure before irreversible damage occurs.

- Save natural cartilage
- Avoid major surgery

FUNCTIONALITY

Maintaining an active lifestyle through proactive management.

- Better mobility
- Reduced pain levels

LONGEVITY

Slowing the biological clock of joint degeneration.

- Improved quality of life
- Long-term joint health

THE EARLIER TREATMENT BEGINS, THE GREATER THE OPPORTUNITY TO PROTECT YOUR KNEE

WHY PATIENTS CHOOSE KNEE XPERT

- Comprehensive Knee Evaluation
- Advanced Diagnostic Approach
- Regenerative SVF Therapy Options
- Personalized Treatment Planning
- Focus on Preserving Natural Function

**RELIEVE PAIN.
RESTORE MOBILITY.
PRESERVE YOUR KNEE.**

CONTACT US

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